



Stony Plain Skating Club

Where success begins...

Spring 2010 News

WELCOME to all skaters, new and returning, to this year's spring skating session! We hope you had a wonderful Easter holiday and spring break! As our spring programs begin, we are ready to have a fun and productive session!

Our winter session ended with our annual ice show, which was a huge success! A recap of the show, along with pictures of the event, can be seen on our website under the events – ice show tab! Thank you to Border Paving and Lori Sorge, Realty Executives, for their support of the show.

The Stony Plain Skating Club Annual General Meeting will be held on Wednesday, May 5 at 6 pm, in the Spruce Grove Room at the TransAlta Tri Leisure Centre. All club members are encouraged to attend (including CanSkate and Group STARSkate parents!). Come out and become informed on the important process of club organization – and get a free Ice Show DVD! At the club's Annual General Meeting, all positions on the Board of Directors are open for nomination and election. Please see page 2 of this newsletter for additional information.

Good luck to our figure skaters as they compete at the Sunsational Invitational Competition on April 23 – 25.

Don't forget to check our website regularly for updates and changes. All of the information you need to know can be found at www.stonyplainskating.ca. You may also speak to the professional coach teaching your child, or email us at info@stonyplainskating.ca.

REGION AWARDS

Congratulations to two club members who received Skate Canada Edmonton Region Awards at the Region Awards Ceremony on March 23, 2010. These awards are chosen from nominations received from the 22 Skate Canada clubs in the Edmonton Region.

Aleksandar Mrdjenovich received the BMO Financial Group CanSkater of the Year Award. The award recognizes a skater who has shown enthusiasm and dedication to the CanSkate program and has demonstrated the talent and desire needed to find success on and off the ice.

Carlissa Neumann was presented the Skate Canada HomeSense STARSkate Athlete Award. The award recognizes a skater who has demonstrated determination and commitment to the STARSkate program, as well as displaying passion for the sport and achieving success throughout the season through personal skill development and growth.



FUNDRAISING NEWS

BINGO NEWS

We have 5 more bingos to work for the current skating year (April – August). Although no bingos are required for Spring Session, consider working extra bingos for credit towards skating fees in September. Each bingo, over and above your regular required bingos for the Fall and Winter Session, is a \$75.00 credit towards September fees. There are openings for all dates, but we will especially need workers for the summer dates.

Bingo Dates:

Monday, April 19 5:00 pm

Saturday, May 22 5:00 pm

Monday, June 14 5:00 pm

Saturday, July 17 5:00 pm

Thursday, August 19 5:00 pm

SANDY VIEW FARMS FUNDRAISER

Sandy View Farms in Spruce Grove is donating 15% of retail sales during 2 – 6pm on Monday, April 19 to the Stony Plain Skating Club. Please stop by and purchase something to support our club.

*Thank you to the sponsors of this
season's raffle prizes!
Greyhound Canada, Jasper Tramway,
Mountain Park Lodges,
Stony Plain Co-Op, United Cycle*

STONY PLAIN SKATING CLUB BOARD OF DIRECTORS

At the club's Annual General Meeting, all positions on the Board of Directors are open for nomination and election. The Board of Directors consists of:

President: oversees and coordinates all club activities in collaboration with the Board of Directors, Committee Coordinators, and the Professional Coaching Team. With support from Skate Canada, the Alberta Section and the Edmonton Region, ensures club operations are efficient, cost effective, conform to Skate Canada guidelines and provide quality programs benefitting all levels of skaters.

Vice-President: assists and fills in for the President as required, and serves as the Competitive Team Coordinator (i.e., submits competition entry forms).

Secretary: prepares minutes of all meetings and performs any necessary correspondence.

Treasurer: performs all banking functions, maintains detailed financial records, assists with budget preparation and prepares all required reports.

Director (Test Chair): organizes test days, arranges for out-of-tests and maintains test records.

Director (FundRaising): coordinates fund-raisers and seeks sponsorship.

Additional committee positions are also available:

Registration Coordinator: prepares registration packages, in consultation with the President & Coaching Team, takes registrations, prepares membership roster and enters membership into Skate Canada program.

Bingo Coordinator: organizes all bingo staffing, keeps records of bingos worked, ensures members work required number of bingos and attends Parkland Bingo Association meetings.

Special Events Coordinator: coordinates any special events, in collaboration with the Board and Coaching Team.

Marketing / Publicity Coordinator: advertises registration dates, submits newspaper articles and prepares other publicity items.

Recreational Program Liaison: provides liaison between parents of appropriate recreational programs, coaches and executive members, and attends executive meetings.

What's the Secret Handshake?

The answer to this question is that there is no secret handshake to get involved with your Club, Region or Section. At this time of year all of the organizing groups involved in skating in Skate Canada: Alberta – NWT/Nunavut start thinking about who will be involved with planning and running things next year. Notices of Annual General Meetings and nominating deadlines are everywhere and it can be overwhelming to someone new to the sport.

Skate Canada across the country is organized into thirteen Sections. Each Section elects a Board of Directors and forms various committees to deal with issues and matters that pertain to everyone across that Section. Our Section covers Alberta, the Northwest Territories and Nunavut and because of that huge area and the differing needs of the various geographic areas, we are further broken down into nine Regions. Our Regions then also form a Board to provide guidance, support and leadership to the Clubs in that Region. The Regions are responsible to bring forward the issues arising within their Region to ensure that the Section incorporates those needs into their planning. The Regions also relay information back from the Section and National to the Clubs. We hold Region meetings in order that Club representatives can hear and discuss the issues in person, have questions answered directly and provide feedback rather than simply get something in the mail.

At the Club level, Boards are also elected to deal with the operational issues of the members of that specific club. This involves things like determining the ice needs of the membership, ensuring that adequate and qualified coaches are in place, managing the finances of the Club and ensuring that the Club is operating within the rules, policies and procedures of Skate Canada (National and the Section) – most importantly that the programming offered by the Club meets the minimum operating standards established by Skate Canada.

There are so many opportunities for individuals to become involved. Clubs, Regions and the Section all communicate the various volunteer needs and vacancies – either on the Board, on Committees or occasional or project/event base opportunities. The problem is that we are in a catch-22 in filling these roles. We know that the best way to get people to volunteer is to ask them. By taking the time to approach someone, find out their interest and skills, the odds of them stepping forward to help in some capacity are vastly improved. However, if we don't know who you are, then it's pretty tough to approach you. Often we hear criticism that we have cliques on our Boards and you have to "know someone" to get on them. It is disheartening for those involved because many of our volunteers are parents who no longer have skaters involved but stay because they love the sport. However, many of these valued and experienced volunteers are ready to hand over the reins and move on. In the absence of someone stepping forward, the existing volunteers go about trying to find a replacement and they just naturally turn to someone they know. We've all been in that boat – that's how I became involved. I was asked.

So, please consider this someone asking you to become involved if you love the sport, want to help keep our children involved in organized sport, want to skate yourself or feel you have ideas or skills to offer. The roles are so vast and varied that there is spot for everyone – even if you have very little time. Something as simple as ordering CanSkate badges for your Club can make a difference. If you're not sure what you might be able to help with, ask someone in your Club or call me or the Section Office. You can find our contact information on the Section website.

Kathy Kopelchuk, Section Nominating Committee Chair

Athletes and the Off-Season - Top-10 List for Preparing for Next Season

Reprinted from Skate Canada 2003

For many skaters, the competitive year has come to a close, but training continues. Undoubtedly, your competitive season has been a successful one with many goals accomplished. But now, you may be wondering what's next? You are not alone! In the style of David Letterman, the following are the top-10 things athletes should do in the off-season to recover and prepare for the next year (Letterman would probably have a more catchy title!):

Number 10: *Take a break. Your body will thank you.*

It is imperative that athletes take a complete break from skating at least once over a 12-month period. For competitive athletes, this typically happens following the last major competition in which they compete. The length of the break depends on the individual, but it should last at least two weeks, and probably no longer than four. This is sometimes difficult with club scheduling, so if ice time has been paid for, save the break for between sessions (i.e. end of winter / beginning of spring, or, most typically, end of spring / beginning of summer). The point of taking a break from intensive training is to give your body a chance to recover from the daily rigours it has been enduring. It will give any small injuries a chance to heal and will provide an opportunity to relax (no racing from home to the rink, to school and back to the rink!).

Number 9: *Visit the gym or get outside.*

In taking a break, it does not mean that there should be no physical activity at all! Though you are in 'recovery' mode, you should strive to maintain a base level of fitness so that when you return to the ice you are fit and ready to go. Roller blading, running, swimming, cycling or walking are great options to maintain your aerobic endurance. They are also fun, and will get you out in the outdoors, enjoying the Canadian weather and geography!

Number 8: *Thank your parents.*

Parents are often the unsung heroes of amateur sport. Up early in the day and late at night, paying the bills, driving to and from practice sessions and competitions. They deserve a big pat on the back.

Number 7: *Plan to spend some time with friends/family.*

Take advantage of the time away from the rink to spend some time with family and friends, some of whom you might not have been able to see over the months of training, competition and school.

Number 6: *Read a book.*

There are some great books available that will inspire you to get active in the off-season and have you raring to get back on the ice. Check out Lance Armstrong's "It's Not About the Bike," Robin Sharma's "The Saint, The Surfer and the CEO," "Heroes in our Midst," or "Companions in Courage" by Pat Lafontaine. Each of these books is sure to inspire.

Number 5: *Listen to music.*

All kinds of music. Start looking for ideas for new programs, interpretive programs, and creative skating skills exercises for STARSkate competitions. Think outside of the box on this one! Go to your local library or record store and listen to music in sections you may not normally visit - world music, electronica, classical, jazz/blues, opera, gospel...to name but a few!

Number 4: *Create a training log for next season.*

This is a great way to keep track of your progress. By making your own journal, you can personalize it to ensure that it has everything you need. Be sure to include pages for on and off-ice training notes and test and competition statistics. It's also a great idea to include general comment pages and inspirational quotes and pictures. Check out your local bookstore to find training journals for other sports as samples.

Number 3: *Visit the gym or get outside.*

A great idea is worth repeating! Get the picture? Staying active will benefit not only your return to the ice after your break, but your long time health, well-being and happiness!

Number 2: *Set your goals for next year!*

If you don't have a plan, how will you know where you are going? Be realistic when setting both short and long-term goals, but also challenge yourself.

Number 1: *Reward yourself for a job well done.*

This one is the most fun! Undoubtedly, some or all of your goals were attained last season. If you don't take time to enjoy that accomplishment, what's the point? The reward could be as extensive as a trip or as simple as eating your favorite dessert while watching a movie, or coverage of a figure skating competition! Indulge. Because, after all, you're worth it!